

Cole County 4-H Bingo

April 2020

Send 3 goals for your project to your 4-H Project Leader	Make a Healthy Snack and share picture/video	Participate in #4HFeedingMO or JOANNs Paper Clover Campaign	Attend one of Missouri 4-H's QuaranTIME sessions	Learn to say your ABC's backwards
Play a card or a board game with your family	Write Thank You cards to Health Care and Emergency Professionals	Schedule a time with your 4-H Club or Project Leader to recite the 4-H Motto (14 & older) or Pledge (8-13)	Signed up for 4-H Camp (Camper or Counselor)	Plant a flower, vegetable, crop, or tree
Make your bed <u>every</u> morning for a week	Complete at least 1 4-H project exhibit		Walk 5,000 steps each day for 5 days in a row (Log in MOVE Across MO project)	Record/post your demonstration
Post your answer: What is a 4-H project you are curious about that you are not currently enrolled in?	How many jumping jacks you can complete in 1 minute? Post your results	Make (or help a sibling) a meal for your family	Completed SMQA training (livestock exhibitors), Horse Enrollment form, or Shooting Sports Safety Training	Learn a Yoga Pose
Post a picture of you working with one of your 4-H projects	4HOnline Updated (correct mailing and e-mail address); let staff know of any project updates/changes	Make a paper airplane and see how far it flies (see Facebook post for ideas) Post your results	Complete a household chore without being told	Give everyone in your household a sincere compliment

Missouri 4-H QuaranTIME: <https://extension2.missouri.edu/programs/missouri-4-h/4-h-opportunities/quarantime>

Cole County 4-H Facebook Page: <https://www.facebook.com/ColeCo4H>

Cole County 4-H YouTube Channel: https://www.youtube.com/channel/UCiW7wg2MdafDG3n6qKvteVQ?view_as=public

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